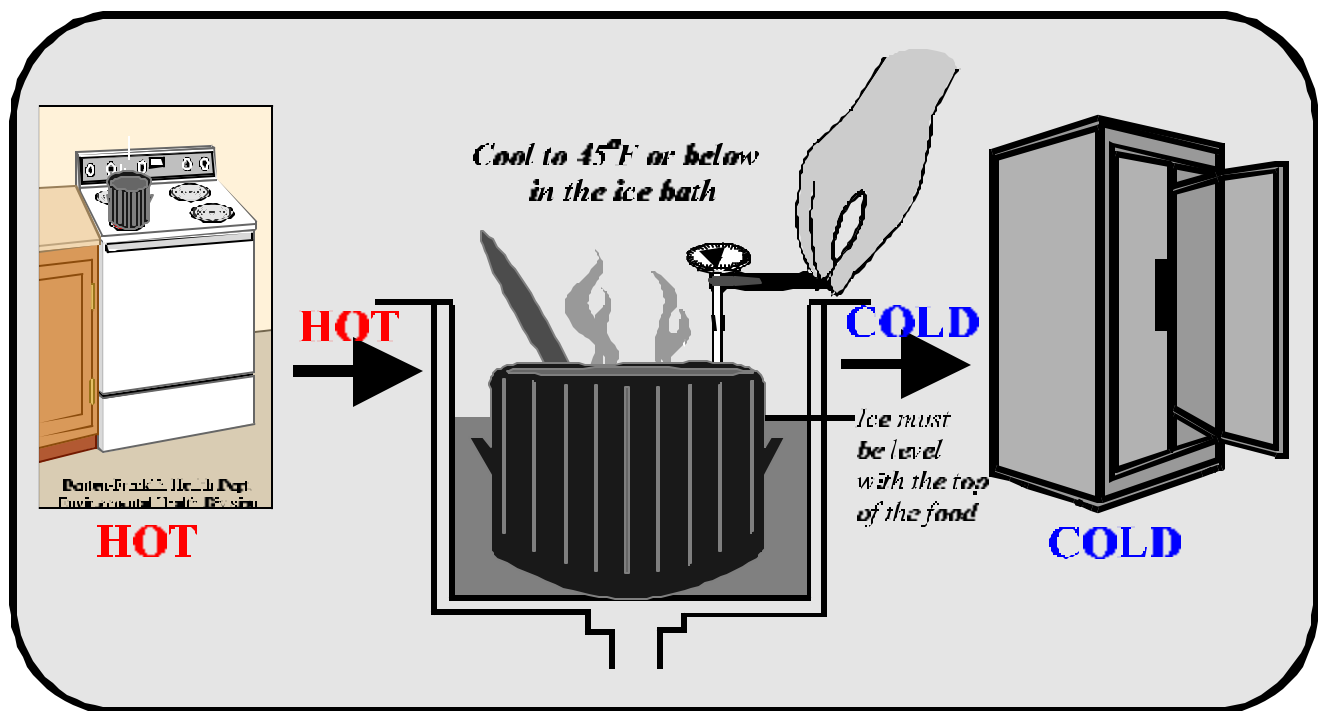


# Cooling Using An Ice Bath



**To cool liquid foods, using an ice bath, follow these steps:**

1. Prepare an ice bath in a clean sink, with stopper in place. Fill the sink with ice. Add cold water to the ice to fill in the spaces.
2. Remove food from heat source. Insert the container into the ice bath. The ice bath must be level with the top of the food.
3. Stir the food every 10-15 minutes.
4. Drain water from sink and replenish ice as it melts. This may need to be done several times.
5. Use a metal stem thermometer to monitor the temperature of the food.
6. After food is cooled to 45°F or below refrigerate or freeze food immediately. Cover the cooled food with either a tightly fitting lid, plastic wrap or aluminum foil.

**Hot food must be cooled to 45°F or below as quickly as possible.**